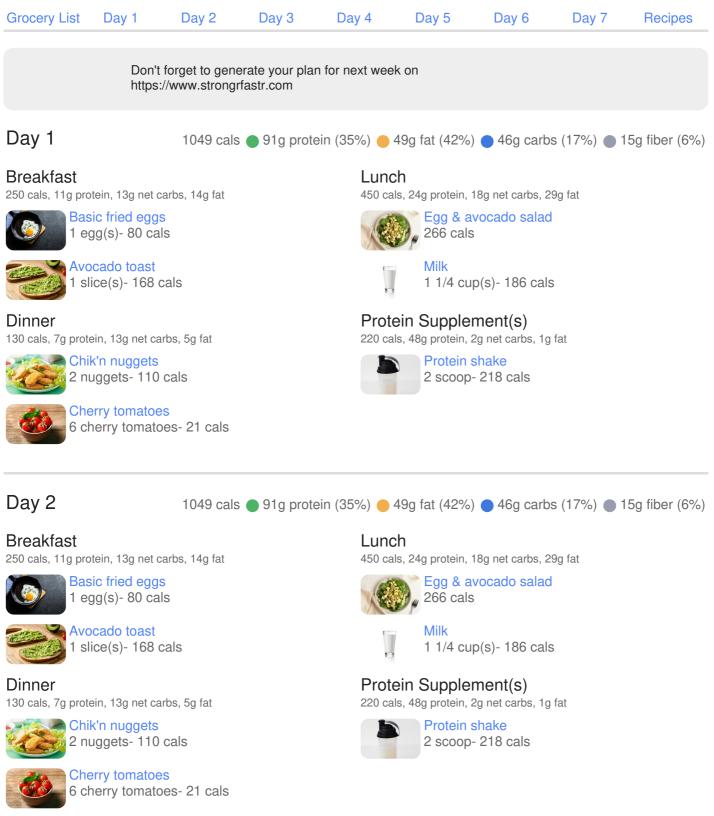
Meal Plan - 1000 calorie low carb vegetarian meal plan





Day 3

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



Basic fried eggs 1 egg(s)- 80 cals



Avocado toast 1 slice(s)- 168 cals

Dinner 340 cals, 19g protein, 11g net carbs, 22g fat



Sugar snap peas 82 cals



Basic tofu 6 oz- 257 cals Lunch

230 cals, 15g protein, 8g net carbs, 12g fat



Olive oil drizzled sugar snap peas 82 cals



Basic tempeh 2 oz- 148 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals

Day 4

Breakfast

925 cals • 102g protein (44%) • 38g fat (37%) • 29g carbs (13%) • 15g fiber (7%)

Lunch

230 cals, 15g protein, 8g net carbs, 12g fat



Olive oil drizzled sugar snap peas 82 cals



Basic tempeh 2 oz- 148 cals

220 cals, 48g protein, 2g net carbs, 1g fat

Protein Supplement(s)

Dinner

340 cals, 19g protein, 11g net carbs, 22g fat

140 cals, 20g protein, 8g net carbs, 3g fat

Protein greek yogurt

1 container- 139 cals



Sugar snap peas 82 cals



Basic tofu 6 oz- 257 cals



Protein shake 2 scoop- 218 cals

Day	5
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958 cals • 91g protein (38%) • 32g fat (30%) • 60g carbs (25%) • 18g fiber (7%)

Breakfast

140 cals, 20g protein, 8g net carbs, 3g fat



Protein greek yogurt 1 container- 139 cals

Lunch

335 cals, 10g protein, 21g net carbs, 20g fat



Simple mixed greens salad 68 cals



Cherry tomatoes 6 cherry tomatoes- 21 cals



Strawberry avocado goat cheese panini 244 cals

Dinner

270 cals, 12g protein, 29g net carbs, 8g fat

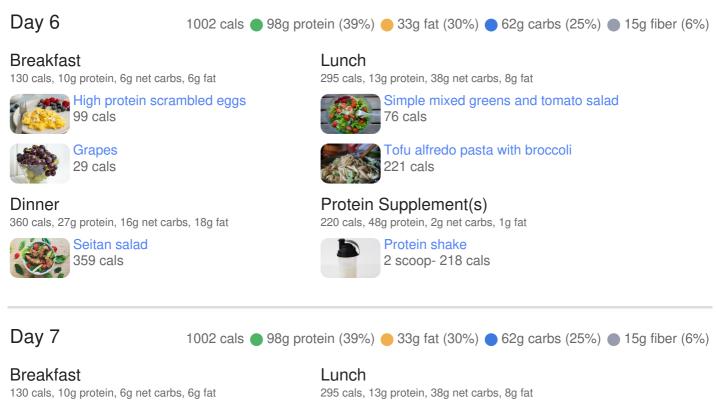


Zoodles marinara 169 cals

Milk 2/3 cup(s)- 99 cals Protein Supplement(s) 220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals





Grapes 29 cals

Dinner 360 cals, 27g protein, 16g net carbs, 18g fat



Seitan salad 359 cals



Simple mixed greens and tomato salad 76 cals



Tofu alfredo pasta with broccoli 221 cals

Protein Supplement(s) 220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals



Beverages

water 14 cup(s) (3353mL)
protein powder 14 scoop (1/3 cup ea) (434g)
almond milk, unsweetened 2 tbsp (31mL)

Other



Vegetables and Vegetable Products

☐ ketchup 1 tbsp (17g)
☐ tomatoes 4 3/4 medium whole (2-3/5" dia) (585g)
frozen sugar snap peas 4 cup (576g)
☐ zucchini 1 1/2 medium (294g)
fresh spinach 4 cup(s) (120g)
frozen broccoli 1/4 package (71g)
garlic 1/2 clove(s) (2g)
Fruits and Fruit Juices

avocados 2 avocado(s) (436g) strawberries 2 medium (1-1/4" dia) (24g) grapes 1 cup (92g)

Dairy and Egg Products



Spices and Herbs

 ☐ garlic powder 1/4 tbsp (2g) ☐ black pepper 1 dash (0g) ☐ salt 1 dash (0g) ☐ basil, dried 4 dash, ground (1g)
 ↓ 4 dash, ground (1g) Fats and Oils ↓ 0il 1/4 cup (56mL) ↓ 0live oil 2 tsp (10mL) ↓ salad dressing 6 1/2 tbsp (98mL)
Baked Products

bread 4 slice (128g)

Legumes and Legume Products

tempeh 4 oz (113g) firm tofu 1 lbs (453g)

Soups, Sauces, and Gravies

pasta sauce 3/4 cup (195g)

Cereal Grains and Pasta



3 oz (86g)

goat cheese 1/2 oz (14g)
butter 4 dash (2g)
low fat cottage cheese (1% milkfat) 4 tbsp (57g)

Recipes



Breakfast 1

Eat on day 1, day 2, day 3

Basic fried eggs



For single meal: oil 1/4 tsp (1mL) eggs 1 large (50g)

For all 3 meals: oil 1/4 tbsp (4mL) eggs 3 large (150g)

- 1. Heat oil in a skillet over medium low heat.
- 2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Avocado toast

1 slice(s) - 168 cals Sg protein Sg fat 13g carbs 5g fiber



For single meal:

bread 1 slice (32g) avocados, ripe, sliced 1/4 avocado(s) (50g)

For all 3 meals:

bread 3 slice (96g) avocados, ripe, sliced 3/4 avocado(s) (151g)

- 1. Toast the bread.
- 2. Top with ripe avocado and use a fork to smash.

Breakfast 2 🗹

Eat on day 4, day 5

Protein greek yogurt

1 container - 139 cals 🔵 20g protein 😑 3g fat 🔵 8g carbs 🌑 0g fiber



For single meal:

protein greek yogurt, flavored 1 container (150g) For all 2 meals:

protein greek yogurt, flavored 2 container (300g)

1. Enjoy.

Breakfast 3 🗹

Eat on day 6, day 7

High protein scrambled eggs

99 cals
10g protein
6g fat
1g carbs
0g fiber



For single meal:

oil 1/4 tsp (1mL) low fat cottage cheese (1% milkfat) 2 tbsp (28g) eggs 1 large (50g) For all 2 meals:

oil 1/2 tsp (3mL) low fat cottage cheese (1% milkfat) 4 tbsp (57g) eggs 2 large (100g)

- 1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
- 2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
- 3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

Grapes 29 cals • 0g protein • 0g fat • 5g carbs • 2g fiber



For single meal:

grapes 1/2 cup (46g)

For all 2 meals:

grapes 1 cup (92g)

1. This recipe has no instructions.

Lunch 1 🗹

Eat on day 1, day 2

Egg & avocado salad 266 cals
15g protein
19g fat
3g carbs
5g fiber



For single meal:

mixed greens 2/3 cup (20g) avocados 1/3 avocado(s) (67g) eggs, hard-boiled and chilled 2 large (100g) garlic powder 1/3 tsp (1g) For all 2 meals:

mixed greens 1 1/3 cup (40g) avocados 2/3 avocado(s) (134g) eggs, hard-boiled and chilled 4 large (200g) garlic powder 1/4 tbsp (2g)

- 1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
- 2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
- 3. Serve on top of bed of greens.



1. This recipe has no instructions.

Lunch 2 🗹

Eat on day 3, day 4

Olive oil drizzled sugar snap peas

82 cals • 3g protein • 5g fat • 4g carbs • 3g fiber



For single meal:

black pepper 1/2 dash (0g) salt 1/2 dash (0g) frozen sugar snap peas 2/3 cup (96g) olive oil 1 tsp (5mL) For all 2 meals:

black pepper 1 dash (0g) salt 1 dash (0g) frozen sugar snap peas 1 1/3 cup (192g) olive oil 2 tsp (10mL)

- 1. Prepare sugar snap peas according to instructions on package.
- 2. Drizzle with olive oil and season with salt and pepper.



2 oz - 148 cals
12g protein
8g fat
4g carbs
4g fiber

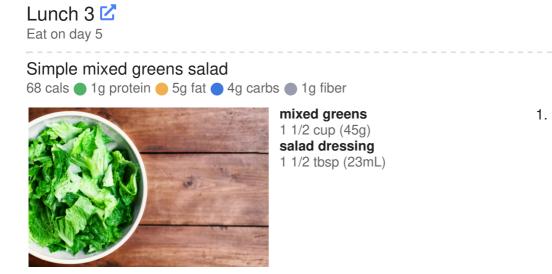


For single meal:

oil 1 tsp (5mL) **tempeh** 2 oz (57g) For all 2 meals:

oil 2 tsp (10mL) **tempeh** 4 oz (113g)

- 1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
- 2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.



1. Mix greens and dressing in a small bowl. Serve.

Cherry tomatoes

6 cherry tomatoes - 21 cals
1g protein
0g fat
3g carbs
1g fiber

Makes 6 cherry tomatoes

tomatoes 6 cherry tomatoes (102g)

1. Rinse tomatoes, remove any stems, and serve.



Strawberry avocado goat cheese panini 244 cals • 8g protein • 15g fat • 14g carbs • 6g fiber bread

1 slice (32g) strawberries, hulled and thinly sliced 2 medium (1-1/4" dia) (24g) avocados, sliced 1/4 avocado(s) (50g) goat cheese 1/2 oz (14g) butter 4 dash (2g)

- Heat a small skillet or griddle over medium heat, and grease with baking spray.
- 2. Butter 1 side of each slice of bread.
- 3. Spread the goat cheese on the non-buttered side of each piece of bread.
- 4. Lay the strawberries on top of the goat cheese on both pieces of bread.
- 5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
- Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
- Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
- 8. Serve.

Lunch 4 🗹

Eat on day 6, day 7

Simple mixed greens and tomato salad

76 cals
2g protein
5g fat
5g carbs
2g fiber



For single meal:

salad dressing 1 1/2 tbsp (23mL) mixed greens 1 1/2 cup (45g) tomatoes 4 tbsp cherry tomatoes (37g) For all 2 meals:

salad dressing 3 tbsp (45mL) mixed greens 3 cup (90g) tomatoes 1/2 cup cherry tomatoes (75g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Tofu alfredo pasta with broccoli

221 cals
11g protein
4g fat
33g carbs
3g fiber



For single meal:

uncooked dry pasta 1 1/2 oz (43g) firm tofu 1/8 package (16 oz) (57g) frozen broccoli 1/8 package (36g) garlic 1/4 clove(s) (1g) salt 1/8 dash (0g) almond milk, unsweetened 1 tbsp (15mL) basil, dried 2 dash, ground (0g) For all 2 meals:

uncooked dry pasta 3 oz (86g) firm tofu 1/4 package (16 oz) (113g) frozen broccoli 1/4 package (71g) garlic 1/2 clove(s) (2g) salt 1/8 dash (0g) almond milk, unsweetened 2 tbsp (30mL) basil, dried 4 dash, ground (1g)

- 1. Cook pasta and broccoli according to packages.
- 2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
- 3. Add in the almond milk in small amounts until desired consistency is reached.
- 4. Pour into a pan to heat through. Do not let it boil as it will separate.
- 5. To serve, top pasta with broccoli and sauce.
- 6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Dinner 1 🗹

Eat on day 1, day 2

Chik'n nuggets

2 nuggets - 110 cals
6 g protein
5 g fat
10 g carbs
1 g fiber



vegan chik'n nuggets 2 nuggets (43g) ketchup

For all 2 meals:

vegan chik'n nuggets 4 nuggets (86g) ketchup 1 tbsp (17g)

- 1. Cook chik'n tenders according to package.
- 2. Serve with ketchup.

Cherry tomatoes

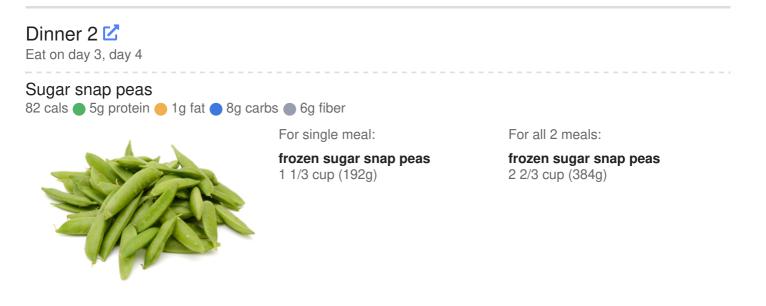
6 cherry tomatoes - 21 cals
1g protein
0g fat
3g carbs
1g fiber



tomatoes 6 cherry tomatoes (102g) For all 2 meals:

tomatoes 12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.



1. Prepare according to instructions on package.

Basic tofu

6 oz - 257 cals 🔵 13g protein 😑 21g fat 🔵 4g carbs 🔵 0g fiber



For single meal:

firm tofu 6 oz (170g) oil 1 tbsp (15mL) For all 2 meals:

firm tofu 3/4 lbs (340g) oil 2 tbsp (30mL)

- 1. Slice tofu into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
- 2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Dinner 3 🗹

Eat on day 5

Zoodles marinara

169 cals
7g protein
3g fat
21g carbs
8g fiber



pasta sauce 3/4 cup (195g) **zucchini** 1 1/2 medium (294g)

1. Spiralize zucchini.

- 2. Spray a skillet with nonstick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
- (optional) Transfer zoodles to towel and pat any excess water off.
- 4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
- 5. Serve.

Milk

2/3 cup(s) - 99 cals • 5g protein • 5g fat • 8g carbs • 0g fiber

Makes 2/3 cup(s)

whole milk 2/3 cup (160mL) 1. This recipe has no instructions.

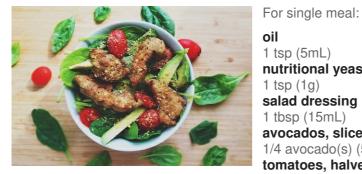


Dinner 4 🗹

Eat on day 6, day 7

Seitan salad

359 cals
27g protein
18g fat
16g carbs
7g fiber



oil 1 tsp (5mL) nutritional yeast 1 tsp (1g) salad dressing 1 tbsp (15mL) avocados, sliced 1/4 avocado(s) (50g) tomatoes, halved 6 cherry tomatoes (102g) fresh spinach 2 cup(s) (60g) seitan, sliced 3 oz (85g) For all 2 meals:

oil 2 tsp (10mL) nutritional yeast 2 tsp (3g) salad dressing 2 tbsp (30mL) avocados, sliced 1/2 avocado(s) (101g) tomatoes, halved 12 cherry tomatoes (204g) fresh spinach 4 cup(s) (120g) seitan, sliced 6 oz (170g)

- 1. Heat oil in a skillet over medium heat.
- 2. Add in sliced seitan and cook until browned, about 5 minutes.
- 3. Transfer to a bed of spinach.
- 4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Protein Supplement(s)

Eat every day

Protein shake

2 scoop - 218 cals
48g protein
1g fat
2g carbs
2g fiber



For single meal:

water 2 cup(s) (479mL) protein powder 2 scoop (1/3 cup ea) (62g) For all 7 meals:

water 14 cup(s) (3353mL) protein powder 14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.